



The Panther Press

Florin High School

Fearless in Our Pursuit

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Issue V

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Lunar New Year Celebrations

Happy Lunar New Year! Depending on where you're from, you might celebrate the Year of the Rabbit, while others celebrate the Year of the Cat. Regardless, it's a time to be hopeful for the new year and celebrate the richness of our cultures! Thank you especially to VSA for putting on Lunar New Year lunchtime activities to help us learn more about the different cultures of our students! Students made decorative paper lanterns, hung up their wishes for the New Year in red envelopes, dressed in traditional attire, and more during the week! If you're interested in joining our various culture clubs to participate in such celebrations, click [here](#) to find out meeting schedules and google classroom codes!

Panther Kickoff

Our 8th grade Panther Cubs from James Rutter visited for their first peek of life here at Florin High!

On the mornings of January 19th and 20th, our 8th graders arrived here to get their first orientation of high school life. First, they enjoyed a RASsembly featuring Band, Cheer, Choir, and Master Peace Dance Company. The performances put on a great display for our future Panthers. They just got a small glimpse into what we do here at Florin. Games of hungry-hungry hippo and blindfolded musical chairs were fun to see too. Students then took a guided tour of the campus and saw all of our diverse academic offerings. Panels of Florin student representatives answered the many questions they had about the high school experience. You might've even seen these groups walking around! Our Panther Cubs also had the chance to learn more about the clubs, pathways, and academies we offer here during the opportunity faire. Thank you to all those who helped put this together for our future underclassmen: performers, tour guides, panelists, and helpers!



Winter Band Concert

Our winter band concert was a success! Thank you to those who came and showed support. Thank you also to all of those participating in band, who have put in the work to put on such a display! Orchestra, beginning band, and concert band played a great show. Here are some photos from the evening. Be sure to come and support our Band in their next performance!



Chamber Orchestra



Marching & Concert Band



Beginning Band

Blood Drive

Thank you to our Blood Drive donors!

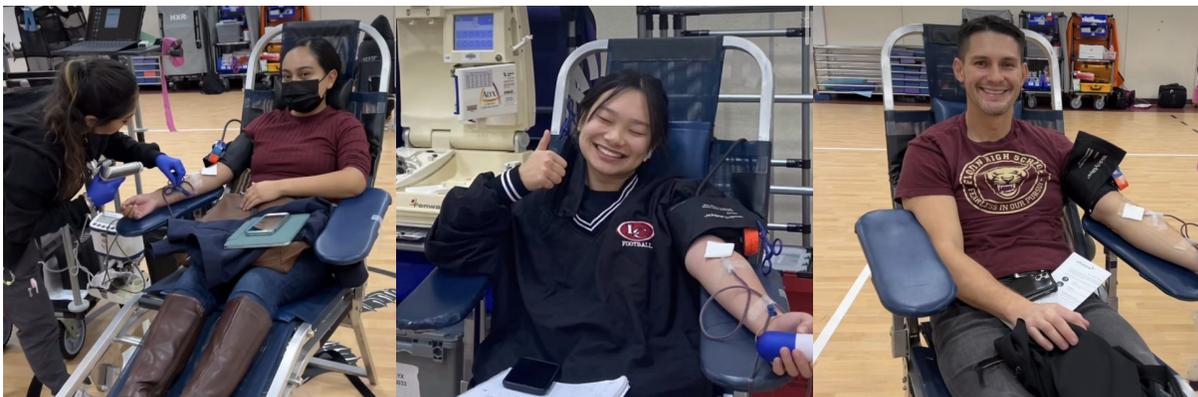
Giving back to the community is part of our core values as Panthers. We pride ourselves in being fearless in our pursuit of communal betterment. Our recent December 9th Blood Drive allowed us to demonstrate this quality and help others in need. Throughout the day gracious students and staff donated their blood, a priceless medical resource. Thank you for helping save lives! Appreciating also goes to the wonderful medical staff present who made this all possible.

If you or someone you know is interested in donating blood, visit the American Red Cross website to learn more about eligibility requirements and where the next nearby blood drive is! You too can help change a life! Our next on-campus drive is March 23rd.



**American
Red Cross**

[Learn more about
blood donation](#)



Upcoming Schedule

3rd Quarter Holidays



Presidents' Day (2/20)
- No School



Spring Break - No School (3/11 - 3/19)

Upcoming LTA Schedule

2/17



2/22



2/24



Upcoming Events

Donkey Basketball! - Saturday, Mar. 4

Unity Day #2 - Tuesday, Mar. 7

Gala at Arden Hills Resort & Spa - Saturday, Apr. 15

Graduation at Golden 1 Center - Tuesday, May 23

February ASB Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1	2	3	4
			Class Meetings @ Lunch		ASSEMBLY SCHEDULE	
					Winter RAssembly	
					Winter Formal	
					7 - 10 PM Gym	
5	6	7	8	9	10	11
	Spirit Day: Tie Dye Day	Spirit Day: Twin Day	Spirit Day: Dress to Impress	Spirit Day: Throwback Thursday	Spirit Day: Valentine's Day Colors	
				LTA: National Giving Hearts	Club Rush	
12	13	14	15	16	17	18
	NO SCHOOL	HOMEROOM SCHEDULE				
	Lincoln's Birthday	LTA: Polaroid Pics			LTA: Lawn Games	
		Valentine's Day			MBB vs. Rio Linda @3:30 pm	
19	20	21	22	23	24	25
	NO SCHOOL					
	Presidents' Day		LTA: National Cali Day (video)		LTA: Lawn Games	
		MBB vs. Redding @3:30pm	MBB vs. Mesa Verdes @3:30pm			
26	27	28	28	2	3	4
		Awards Applications Due				
	LTA: Ntl Strawberry Day	LTA: Floral Flower Pens				
	COED Tennis vs. Cordova @3:30pm	MBB vs. Liberty Ranch @3:30pm	FEB 28TH: MVB vs. Cordova @5/6pm			

Black Panther Awards/Student of the Month Awards

Want to spread some kindness? Commend someone for their actions? Black Panther Awards allow you to send a special compliment or note of gratitude to another student or staff (Staff and Faculty) member! It's never been this easy to show how much you appreciate someone. Tell them that you appreciate their kind gesture, respectful behavior, or just how much you enjoy their company! Five pairs will be drawn every month to win a \$5 gift card. Submit a Black Panther Award with the link below. You might just make that person's day.

[Send a Black Panther Award](#)

Here are our November Black Panther Award drawing winners:

Mario Perez & America Murillo
Ms. Kamimura & Naomi Belcher
Miley Seung and & Harmanjot Kaur
Angela Pacheco & Katherine Pacheco
Rich Ngo & Benjamin Nguyen

Students of the Month (November)

Johnathan Y. Vang	Pachia Yang	Shawn Kirkendoll
Jason Tran	Latonia LeBlue	Kenny Vang
Shriya Sharma	Mina Perridge	Devin Suber
Marcus Walker	Benjamin Nguyen	Zoe Currington
Isabella Moreno	Rhaven Minnifield	Kyle Nguyen
Ava Phan	Asad Jamil	Johnson Tran
Pang, Huimin	Taffy Hang	Emily Moser
Jazira Arteaga-Khandilyan	Angela Pacheco Martinez	Vashali Rattu
Keyarra Finney	Isaac Castillo	John Dinh
Otis Hammond	Emily Vazquez	

Students of the Month (December)

Devin Suber	Zoe Currington	Kyle Nguyen
Johnson Tran	Emily Moser	Vashali Rattu
John Dinh	Eva Wu	Davey Enrico Vinluan
Nghi Lam		

A Message from Interclub Council

By **Rich Ngo**, Interclub Council Co-Commissioner

Our school's extracurriculars are continuing to flourish once again in this new chapter of our school's story. Our cultural clubs are working hard to prepare for the upcoming Kaleidoscope assembly and multicultural night. VSA is honing their fan and hat dance, Filipino Club is syncing their Tinikling talents, and Asian Club is nailing their Lion Dance routines. We have many opportunities to join clubs and participate in school events coming up. Between the upcoming events and growing community of clubs, now is the perfect time to get involved!

Looking for a hobby; to express yourself; to meet new people; or simply want to find something to do after school? Then join one of the ~30+ clubs at Florin High! Click [here](#) to find out more!

Senior Section

By **Andrea Flores**, Senior Class Lt. Governor

Hey Seniors!!! Welcome to your last semester of high school! Make sure to end not only the school year but your high school experience, strong!

For those planning to attend any kind of college be sure to apply for FAFSA (Free Application for Federal Student AID). Apply before June 30th for the 2023- 2024 school year help. FAFSA can help cover costs for a four-year college, community college, trade school, etc. Take advantage of the opportunity. It's helpful to apply even if you aren't exactly sure what your path will be after high school. FAFSA comes in three different forms: Grants (Money does not need to be repaid), Loans (Borrowed money that will be paid back with interest), and Work study (Work for the school to earn money used to pay for expenses). Although the deadline seems far, apply as soon as possible. The sooner the better!

Tips:

- Stay on top of your grades per usual and ask for help when needed!
- Create a calendar for important reminders and deadlines.
- Return all expired library books and class textbooks!
- Create good productive habits to follow.

Reminders:

- Order your cap and gown! Visit our Instagram page for information and help.
- Scholarships!! For financial help with college, expenses are sure to apply to as many scholarships as you can!
- Junior and Senior Gala will be held on April 15th at Arden Hills. The theme is Hollywood Red Carpet!
- Graduation will take place on May 23rd at Golden 1!

Teacher Profiles

By **Karina Lopez Lopez**, Teacher Appreciation

Ms. Donnalley has been teaching here for **21 years**. She has taught a wide range of classes Algebra 1 to Pre-Calculus Honors. She went to **Cal Poly San Luis Obispo** achieving her Bachelor's Degree in Math and a Master's in Education from National University. She loves **peanut butter and math** memes. Fun fact, she was in the halftime show in 2002 for the Kings Lakers She loves being outside, and traveling and she strongly believes all parks are beautiful and unique. She has 3 kids who she loves dearly. The best advice she has gotten is "**Whatever you do, give it 100% and have fun!**"



Sports

By **Mario Perez & Susan Vong**, Athletics Co-Commissioners

Friday, 11/18:

Women's Varsity Soccer vs. Franklin. (L)

Men's Varsity Basketball vs. Ben Holt College Prep Academy. (L)

Men's Varsity Soccer vs. Kennedy. (Tie)

Tuesday, 11/22:

Men's Varsity Soccer vs. Rosemont. (L)

Men's Basketball vs. San Juan

JV outplayed the opposing team and were able to get their first win of the season with a 52-33 victory over San Juan! Varsity (L)

Wednesday, 11/23:

Women's Varsity Basketball vs. Laguna Creek. (L)

Monday, 11/28:

Women's Varsity Basketball vs. Kennedy. (L)

Tuesday, 11/29:

Women's Varsity Basketball vs. Elk Grove. (L)

Wednesday, 11/30:

Men's Varsity Soccer vs. Monterey Trail. (L)

Thursday, 12/1:

Women's Varsity Basketball vs. Fortune Early College. (L)

Friday, 12/2:

Women's Varsity Soccer vs. Rosemont. (L)

Women's Varsity Basketball vs. Rosemont. (L)

Men's Basketball vs. Franklin. (L)

Saturday, 12/3:

Women's Varsity Basketball vs. Hiram Johnson. (L)

Men's Varsity Wrestling @ Tokay High School (Rod Gaines Invitational Tournament)
Congratulations to Antony Yang who placed 6th and to Isaiah Lucas, Consolation Co-Champion!

Sports - Continued

By **Mario Perez & Susan Vong**, Athletics Co-Commissioners

Tuesday, 12/6:

Women's Varsity Basketball vs. Amador. (L)

Men's Varsity Basketball vs. Oakmont. (L)

Wednesday, 12/7:

Men's Varsity Soccer vs. Galt. (L)

Men's Varsity Basketball vs. Christian Brothers. (L)

Thursday, 12/8:

Women's Varsity Soccer vs. Sheldon. (L)

Monday, 1/9:

Men's JV/Varsity Basketball vs. Cordova. (L)

Women's Varsity Basketball vs. Cordova. (L)

Wednesday, 1/11:

Men's JV/Varsity Basketball vs. Foothill. (L)

Women's Varsity Basketball vs. Foothill. (L)

Thursday 1/12:

Varsity Wrestling vs. Valley. (L)

Friday, 1/13:

Men's Varsity Soccer vs. Valley. (L)

Women's Varsity Soccer vs. Valley. (L)

Tuesday, 1/17:

Varsity Wrestling vs. Natomas. (L)

Wednesday, 1/18:

Women's Varsity Soccer vs. Natomas. (L)

Men's JV Basketball vs. Valley. (L)

Men's Varsity Soccer vs. Natomas. (L)

Women's Varsity Basketball vs. Valley. (L)

Men's Varsity Basketball vs. Valley - In a thrilling rivalry game the Panthers and the Valley Vikings went to war, with the Panthers being victorious 51-44!

Thursday, 1/19:

Varsity Wrestling vs. West Campus - Our Panthers dominated their way to victory tonight sending West Campus home with a loss and getting our first league dual win!

Friday, 1/20:

Women's Varsity Soccer vs. West Campus. (L)

Women's Varsity Basketball vs. Natomas. (L)

Men's JV/Varsity Basketball vs. Natomas. (L)

Men's Varsity Soccer vs. West Campus - As West Campus traveled to our home for another match, the soccer team was getting in their groove and they showed it on the pitch, winning it in a close neck to neck game and sending West Campus back home! Final result, 3-2!

Monday, 1/23:

Women's Varsity Soccer vs. Hiram Johnson. (L)

Men's Varsity Soccer vs. Hiram Johnson. (L)

Women's Varsity Basketball vs. Hiram Johnson. (L)

Men's JV/Varsity Basketball vs. Hiram Johnson. (L)

Tuesday, 1/24:

Varsity Wrestling vs Hiram Johnson. (L)

Wednesday, 1/25:

Women's Varsity Soccer vs. Cordova. (L)

Men's Varsity Soccer vs. Cordova. (L)

Women's Varsity Basketball vs. West Campus. (L)

Men's JV Basketball vs. West Campus - The Panthers go on the road and travel to West Campus for a league match. Although West Campus put up a hood fight, the Panthers were the obvious victors with a dominant 52-39 win!

Men's Varsity Basketball vs. West Campus. (L)

Alumni Interviews

By **Lena Ignacio**, Class of 1994 Alumni

I would like to dedicate this page to my mom and dad for all of their love and ongoing support that they have given me. - Lena

Featured is **Elizabeth Brown**, Class of 1993 Alumni.

1) What was your favorite memory at Florin High School?

In addition to graduation, being able to meet cheer, compete in softball, learn in the BET Academy, and make friends with people literally from across the globe. Being exposed to diversity at such an impressionable age was amazing going into adulthood. It definitely gave me an advantage in making open minded decisions as an adult.

2) What advice would you give to the current seniors who are graduating this year?

Be open minded to the advice of your elders especially with matters of credit, financing cars, home mortgages, education etc. Treating others the way you want to be treated is still love. Life is reciprocal and what you give, you will receive in all things.

3) What would you've done differently in high school?

I would not have gotten too emotionally involved in my relationships.

4) What's the worst thing you've done in school?

I may have skipped a class or two :) lol...

5) Anything else you would like to tell our readers about yourself?

Education is the key. Both formal and informal. You can learn from people from all generations and walks of life. Travel if you can, and finally, read.



Senior Quote:

"Participate in as much as possible. It makes the time go by faster and you will get recognition from the staff and other students"

Effective Ways to Study

Need help with studying?

Schoolwork can be stressful and overwhelming at times. To make the most of your mental energy and time, it's important to develop effective ways to study. Use these methods to reduce your stress levels and get your assignments, essays, and projects done sooner! If you ever find yourself working tirelessly last minute to get things done, these will be perfect for you!



The Pomodoro Technique - An effective way to utilize your time when studying and avoid burnout is to use this technique of block studying. Simply set a time completely dedicated to one task, say, for 25 or 30 minutes. During this time, avoid all distractions and devote yourself to doing this one thing, this one assignment or paragraph in an essay. Once the period is over, take a 5 or 10-minute break free from work. You could go outside for a little while, listen to music, or eat a snack. Either way, you will be more refreshed afterward than if you worked nonstop. Then, get back to work and repeat. You'll soon notice how much you can get done!

Spaced Studying - Spaced studying is a method to help you recall important information or topics and ingrain them in your memory. Studies have shown that reviewing content multiple times over a while will improve your memorization of that information. For example, when you first learn a topic, make sure to review your notes or slides afterward, preferably on the same day. Then do the same once or twice within the next few days or week. If you utilize spaced repetition in your studying, you will find that complicated concepts now seem easier to understand. Important information will now soak up in your brain for you to recall, like water to a sponge.

Self-Quizzing/Retrieval Practice - When learning a new lesson, be sure to test yourself on important concepts and information. You can do this by writing down everything you can remember shortly after being introduced to new information. Go over in your head what you've just learned and connect it to past ideas. In addition, before any actual tests, make sure to quiz yourself on the important stuff. It's best to refresh on key ideas, concepts, and information before an exam.

Teach It! - It's said that the best way to learn a topic is to teach it. That saying isn't wrong. To take your comprehension to a whole new level, try to teach it to someone else. You'll realize how multiple lessons and ideas connect and why that is; learn how to explain concepts in simple terms. If you can translate complex ideas into simple words and teach them, then you're set!

Local Attractions - The Sacramento Zoo

Do you love animals? Well, there's no better place to visit than the Sacramento Zoo! Having served the community as an educational institution and animal welfare advocate for nearly a century, the Sacramento Zoo is rich in history. Experience the numerous exhibits housing over 500 animals from over 120 unique species, including endangered and exotic animals and reptiles. Their mission statement is to "inspire appreciation, respect, and connections with wildlife and nature." Through their conservation efforts and educational programs, they have helped improve the lives of thousands of animals in addition to raising awareness about wildlife protection. The Sacramento Zoo also hosts summer camps, school field trips, overnight programs, wildlife stage shows, and more for people to experience! Ticket prices vary depending on traffic and season, so be sure to plan your visit! Entry hours run from 9 am to 4 pm. While you're there, be sure to enjoy the surrounding quiet park trails as well.

